EL CENTRAL HISPANIC NEWS

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¡Holy Mole! El concurso anual de cocina y el festival gastronómico regresan al suroeste de Detroit

Después de una pausa de tres años por el Covid-19, el esperado concurso de cocina y festival gastronómico anual Holy Mole del suroeste de Detroit regresa el domingo 19 de noviembre de 1 a 5 p. m. en el Salón Lituano en 3564 W. Vernor en el suroeste de Detroit, la entrada es Gratis.

En el otoño de 2016, las hermanas Martina y Christina Guzmán cofundaron el concurso para que las mujeres mexicanas de la comunidad pudieran competir para ver quién hace el mejor mole, el plato nacional de México. Desde entonces, ¡Holy Mole! se ha convertido en un festival gastronómico comunitario que ha logrado reunir hasta 700 personas de la comunidad del suroeste de Detroit y de otros lugares.

"¡Holy Mole! fue diseñado para alentar a las mujeres de la comunidad, a convertirse en empresarias y construir una red, uniendo a los latinos de nuestra forma preferida:

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Holy Mole! Annual Cooking Contest and Food Festival Returns to Southwest Detroit

After a three-year hiatus due to Covid-19, Southwest Detroit's beloved annual Holy Mole cooking contest and food festival returns on Sunday November 19 from 1-5 pm at the Lithuanian Hall at 3564 W. Vernor. In Southwest Detroit. Admission is free.

In the fall of 2016, sisters Martina and Christina Guzmán co-founded the contest so that Mexican women from the community could compete to see who makes the best mole, Mexico's national dish. Since then, Holy Mole! has blossomed to an anticipated community food festival that attracts up to 700 people from the southwest Detroit community and beyond.

"Holy Mole! was designed to encourage women from the southwest Detroit community to become entrepreneurs – and to build community by bringing Latinos together in our favorite way: celebrating Mexican culture through food," said Christina Guzman. "Mole is the hallmark of Mexican cooking. It's the culinary symbol of Mexico's mixed indigenous and European heritage."

At the festival, eventgoers will learn about Mexico's famous mole-making regions and what it takes to make mole sauce, a task that many deem an artistic ritual and can take a family, or several women, days to complete.

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Mariana Valdes (center) from Oaxaca has won three out of four years at Holy Mole! mole contest. Photo by Elisa Limon.

Mexican Patriotic Committee Presents Gala Pageant to Crown Miss Mexico

Mexican Patriotic Committee OF METRO DETROIT

The Mexican Patriotic Committee of Metro Detroit (Comité Patriotico Mexicano) will celebrate the crowning of a new "Miss Mexico" in an Annual Gala Pageant on December 2 at the Prestige Banquet Hall in Allen Park. Miss Mexico along with her court will represent a new year of Detroit's rich Mexican culture and community.

The Miss Mexico pageant has been a long-standing staple in the area that has afforded many young women academic opportunities, networking growth, professional experience, and a civic platform. The young woman selected will reign throughout the year at various events as well as be featured in the Cinco de Mayo Parade 2024. Additionally, Miss Mexico will be eligible for various prizes, and academic opportunities up to and including a college scholarship.

MPC invites the public to an evening Gala event full of pageantry, local entertainment, and good food. Come support the candidates for Miss Mexico in their academic and professional journeys. Tickets are just $35/ person or $250/table of 8.

Every adult or child must have a ticket and a seat.

To obtain tickets, please call Rebecca Lugo at (313) 293-0612. Advance ticket sales end on November 25.

Miss Mexico 2023, Alexandra Velasco-Cruz, pictured second from left (gold dress), with Elizabeth Maciel (wearing red dress), Juanita Gavia- former Miss Mexico (wearing tiara and black dress), Jannay Gavia (wearing green sparkling dress) and Jessica Arambula (wearing green dress)

Diles que lo Viste en *EL CENTRAL* Tell them you saw it in *EL CENTRAL*

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From Venezuela to Southwest Detroit, El Rey de las Arepas is Serving Authentic Cuisine

Photos and captions by: Alejandro Ugalde/ Kopalli Media, unless otherwise noted

By Amber Ogden

Migrating to a new country is hard. Immigrants leave their community, their culture, and their language, often settling in unknown places. But the one thing they always carry with them is their culinary practices. The Gutierrez family is no different. They left Caracas in the mid-1990s and settled in Detroit alone and without family. For them, making traditional Venezuelan food was a way to reconnect with a culture they ached for.

El Rey de las Arepas, a restaurant in Southwest Detroit, began serving the community with authentic Venezuelan cuisine in 2014. The idea of opening a restaurant came after friends raved about their food.

"We didn't know anyone when we arrived. We slowly started making friends, got invited to potlucks, and noticed that everyone would eat my wife's arepas before all the other food," said Jose Gutierrez.

The restaurant is located on the bustling corner of McGraw and Central Ave, where the family takes pride in bringing the genuine flavors of Venezuela to their customers. The dishes they serve are the recipes of Zoraida Gutierrez, the family matriarch who insisted on carefully selected ingredients to bring out the flavors of Venezuelan cuisine.

The restaurant was founded initially about two miles from its current location and was in a colorfully painted house on St. John Street, off Michigan Avenue. As word got around that a restaurant was serving arepas, cachapas, and tequeños, their business took off, which allowed the Gutierrez family to move into a bigger location.

El Rey de las Arepas, now run by their son Ray Gutierrez, has a menu that includes a variety of authentic Venezuelan dishes, including pabellon criollo, a balanced combination of shredded stewed beef, rice, black beans, and fried plantains, considered Venezuela's National dish.

"We have something special here. My son is so smart and only needs to see something once and doesn't need it to be explained," Jose Gutierrez said. "That's why Ray runs this place."

El Rey de las Arepas has gained popularity among Southwest locals and Major League Baseball players, including the recently retired Detroit Tiger Miguel 'Miggy' Cabrera, who has become a part of the Gutierrez family through community projects in Southwest Detroit.

"It has always been a family business; my mother taught us how to run the kitchen, my sister was a waitress, and my dad was marketing," Ray Gutierrez says.

The restaurant's success is a testament to the family's commitment to providing their customers with a taste of home where every family member takes great pride in their heritage and culinary traditions.

Hundreds of Venezuelan refugees have arrived in Detroit in the past two years. The Gutierrez family hopes that El Rey de las Arepas becomes a center of cultural community for people who feel forced to leave their homeland.

Amber Ogden is a freelance writer born and raised in Detroit. She has published work in Forbes, Chevy in the D, Model D, and Rachel Ray Every Day. She enjoys art, culture, and eating through the city in her free time.

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This story was made possible by the Race and Justice Reporting Initiative. The goal of the initiative is to build trust between the news media and Black, Indigenous, and People of Color communities and strengthen representative democracy.

Ray Gutiérrez poses with his father, José Gutierrez

Ray Gutiérrez poses with his wife and co-owner of the restaurant, Jacqueline Alejandre.

Ray Gutiérrez, owner, takes orders and interacts with diners.

On one of the walls inside the venue, you can read the following rhyming phrase: "An Arepa a day is the key to joy."

Left photo
El Rey de las Arepas, pop up shop by Comerica Park, this season
Photo by Ray Gutierrez

Right photo
Detroit Tigers Miguel Cabrera and Ray Gutierrez, with photo insert that reads "COMO PUEDO PERDER, SI LLEGUE AQUI SIN NADA" (How can I lose, if I came here with nothing)
Photo by Ray Gutierrez

Holy Mole! Annual Cooking Contest and Food Festival Returns

Con't from pg. 1

At Holy Mole!, vendors, mostly women, set up vendor tables and sell jars of homemade mole, salsa, homemade bread, pastries, handmade tortillas, and tamales. The contest culminates the day. It's a festive, celebratory, and a cottage food fair for immigrant women and all in the area.

Mole means "sauce" and there are roughly 300 types of moles throughout Mexico. Some Mole takes an average of 26 different spices – sometimes more - to create. Mole can be smokey, sweet and spicy.

The event has grown into a food lover's destination to seek to buy homemade mole and get to know the people and culture of Southwest Detroit, all while supporting the women and the home-grown economy.

Participants have turned their craft into a business. One example is Mole contestant Jessica Gomez, a former domestic worker who cleaned houses for a living and is now a full-time caterer specializing in Oaxacan food.

Sponsors are Jesse and Yesenia Venegas from the Venegas Group, MiSide (Formerly Southwest Solutions) and Candela, (the new name for the Lithuanian Hall where the event is being held.

¡Holy Mole! El concurso anual de cocina y el festival gastronómico regresa

Con't de pg. 1

celebrando la cultura mexicana a través de la comida", dijo Christina Guzmán. "El mole es el sello distintivo de la cocina mexicana. Es el símbolo culinario de la herencia mixta indígena y europea de México". En el festival, los asistentes aprenderán sobre las famosas regiones productoras de mole en México y lo que se necesita para hacer salsa de mole, una tarea que muchos consideran un ritual artístico y que puede llevarle a una familia, o a varias mujeres, varios días completar.

¡En Holy Mole!, los vendedores, en su mayoría mujeres, instalan mesas y venden frascos de mole casero, salsa, pan casero, pasteles, tortillas hechas a mano y tamales. Con el concurso se culmina el día. Es una feria con celebración y de comida casera para las mujeres inmigrantes y para todos en el área.

Mole significa "salsa" y existen aproximadamente 300 tipos de moles en todo México. Algunos moles requieren un promedio de 26 especias diferentes (a veces más) para crearse. El mole puede ser ahumado, dulce y picante.

El evento se ha convertido en un destino para los amantes de la comida que buscan comprar mole casero y conocer a la gente y la cultura del suroeste de Detroit, al mismo tiempo que apoyan a las mujeres y la economía local.

Los participantes han convertido su oficio en un negocio. Un ejemplo es la concursante de Mole, Jessica Gómez, una ex empleada doméstica que se ganaba la vida limpiando casas y ahora es proveedora de catering de tiempo completo y se especializa en comida oaxaqueña.

Los patrocinadores son Jesse y Yesenia Venegas del Grupo Venegas, MiSide (antes Southwest Solutions) y Candela, (el nuevo nombre del Salón Lituano donde se lleva a cabo el evento).

Traducción por Carmen Elena Luna

Michigan Central/Church Street Micrograms Awarded to Four Local Organizations

The Community Foundation for Southeast Michigan recently announced that it has approved a second round of microgrants from the Michigan Central/ Church Street Fund to support organizations that strengthen the Detroit neighborhoods of Corktown, North Corktown and Hubbard Richard.

The 2023 microgrants will promote neighborhood improvement activities on issues including arts and culture, community and economic development, and environment and public spaces. Supported projects this year include street-level beautification efforts, environmental solutions to stormwater impacts, expanding a fund for minor home repairs, and theater pieces inspired by neighborhood murals.

Grants totaling $40,000 were awarded to the following recipients:

- Mexicantown Community Development Corporation — $10,000 for community-focused, street-level beautification efforts in the Hubbard Richard neighborhood
- St. Peter's Episcopal Church — $10,000 for plantings and environmental solutions to stormwater impacts
- North Corktown Neighborhood Association — $10,000 for expanding and increasing a fund for minor home repairs
- Matrix Theatre Company Inc. — $10,000 for the development and performance of theater pieces inspired by and responding to neighborhood murals

The Michigan Central/ Church Street Fund, which the Community Foundation manages, will continue to invest in community projects as the area grows and develops. The endowed fund's value is expected to increase over time, providing support in perpetuity through microgrants totaling approximately $35,000 to $40,000 each year.

"It's critical that residents in Corktown, North Corktown and Hubbard Richard have a voice in how their neighborhoods develop," Community Foundation President and CEO Richard (Ric) DeVore says. "That's why this year's grantmaking from the Michigan Central/Church Street Fund is designed to ensure local nonprofits have the support they need to shape the future of their communities as they see fit."

The Michigan Central Community Impact Fund was initiated with a $750,000 contribution from Ford Motor Co. Anchored by the redevelopment of Detroit's iconic train station, Michigan Central is building an epicenter of innovation at the intersection of mobility and society.

"Supporting equitable community development is a win-win for us and residents," says Nate Wallace, head of civic partnerships at Michigan Central. "Dynamic arts and culture projects, vibrant public spaces, well-maintained homes, and environmentally sustainable infrastructure all strengthen nearby neighborhoods and, in turn, create fertile conditions for Michigan Central to advance new technologies and programs that address barriers to greater social, economic and physical mobility."

Separately, developer Oxford Perennial provided an additional $100,000 to support community organizations in the area, establishing the Church Street Fund. It has a narrower geographic focus but will make grants through the same process as the Michigan Central Community Impact Fund.

The combined Michigan Central/Church Street Fund was created in response to requests from Neighborhood Advisory Councils during the Community Benefits Ordinance process for both the Michigan Central and Oxford Perennial developments. The City of Detroit ordinance requires development projects that meet certain thresholds and utilize public incentives to seek resident input and provide community benefits to impacted areas.

"The grants provided via the Michigan Central/Church Street Fund are a great example of these major projects continuing to invest in their neighborhood and show the effectiveness of Detroit's Community Benefits Ordinance in ensuring inclusive and equitable development outcomes," says Antoine Bryant, director of the city's Planning and Development Department. "As more of the Michigan Central and Oxford Perennial redevelopments come online, and as more grants are rolled out in the years to come, we are going to see an incredible transformation in the Corktown, North Corktown and Hubbard Richard communities."

Throughout the 2023 grant cycle, the Community Foundation participated in meetings to engage and involve the community in the Michigan Central/Church Street Fund grantmaking process. Visit cfsem.org/michigan-central for more information.

About the Community Foundation for Southeast Michigan

The Community Foundation for Southeast Michigan is a full-service philanthropic organization leading the way to positive change in our region. As a permanent community endowment built by gifts from thousands of individuals and organizations, the foundation supports a wide variety of activities benefiting education, arts and culture, health, human services, community development, and civic affairs. Since its inception, the foundation has distributed more than $1.4 billion through more than 85,000 grants to nonprofit organizations throughout Wayne, Oakland, Macomb, Monroe, Washtenaw, St. Clair, and Livingston counties. Visit www.cfsem.org to learn more.

About Michigan Central

Michigan Central is a hub for advancing new technologies and programs that address barriers to greater social, economic and physical mobility. Michigan Central is both a convening place and a call-to-action for city, regional and international inventors and investors, academics and entrepreneurs, civil society voices and government leaders, and business owners and corporate partners--to advance a more sustainable, equitable future through a community-based approach to mobility solutions. Building on Detroit's rich history as an engine of change, the transformative Michigan Central project aims to strengthen the city's existing fabric of community and electrify its economy, while inspiring collective action on the most pressing challenges at the intersection of mobility and society worldwide.

HOV Lanes Are Now Open on I-75 North of Detroit: What to Know About Enforcement

With the High-Occupancy Vehicle (HOV) lanes now open along I-75 in Oakland County, it is important to know that both state and local police will monitor for safe movement in and out of the HOV lane and to ensure drivers have the correct number of occupants.

Drivers signaled by police to pull over should not stop in the HOV lane, rather they should continue at safe speed and pull over as directed by the police.

HOV Lane Facts:

- HOV Lanes are located on I-75 between 12 Mile Road and South Boulevard

- HOV lanes will operate Monday through Friday, from 6 a.m. to 9 a.m. and 3 p.m. to 6 p.m.

• During those times, HOV lanes are open to motorists with 2 or more occupants, or those driving on a motorcycle.

• Outside of those hours, all motorists are welcome to use this additional lane.

Take a look at the MDOT video for more information on who can use the lanes, how to enter/exit them, and what to do if you are signaled to pull over.

https://www.youtube.com/watch?v=wCIDdTOE0Po

Special World's Cultures Thanksgiving

The origin of Thanksgiving

Next week is the Thanksgiving celebration, in which the abundance of food is shared among families and beloved ones. The American tradition emerged in 1620-1621 when a group of settlers from Plymouth, present-day Massachusetts, shared a meal with the Wampanoag Nation to celebrate the fall harvest and to thank them for teaching them farming and hunting techniques.

To this celebration the members of the Wampanoag nation brought deer meat to be roasted and turkeys, while the settlers had learned how to cook cranberries and prepared the different kinds of grains that the Wampanoag had taught them to grow.

This first Thanksgiving festivity in history lasted three days, and was one of the few examples of kindness from European settlers toward Native Americans.

In 1863, in the midst of the Civil War, President Abraham Lincon proclaimed Thanksgiving a national holiday, to be celebrated on the last Thursday of November.

The figure of Sarah Josepha Hale, a pilgrim who was the one who really convinced Lincoln to establish a day of Thanksgiving to restore the country from the devastating war, had a lot to do with this proclamation.

However, the holiday was officially established by Congress until 1941, the year in which President Franklin D. Roosevelt proclaimed Thanksgiving Day as a holiday.

The other story behind the Thanksgiving Pilgrims story

This year we have the opportunity to recognize the indigenous peoples of North America, since for them Thanksgiving is also the date designated to commemorate Native's American's National Day of Mourning.

The common story about Thanksgiving is a story of a harvest celebration that ignores the deadly fights that would ultimately separate the Native Americans from the Pilgrims in the years and centuries following this celebration of gratitude.

Therefore, although in the United States is well known about the Latin American brotherhood, it is important to recognize that it is not new or a product of Spanish language, but rather that continental exchanges prior to the European colonies had fostered by commerce and marital ties, among others. These marital ties implies that the Americas continent that goes from Canada to Argentina, have shared not only a geographical space, but also consanguinity.

Tell them you saw it in Diles que lo viste en
EL CENTRAL

Recipe Thanksgiving Turkey

For the filling:
3 onions sliced
3 zucchinis julienned
5 carrots chopped into cubes
1 bunch of asparagus chopped into cubes
1 pound of cremini mushrooms quarter chopped
1 pound of oyster mushrooms chopped into cubes

For the turkey:
Turkey from 4 to 6 pounds
Three sticks of Butter
Salt
Pepper

Preparation:

We begin by preparing the filling and to do this we cover the bottom of the pan with oil.

Sauté the carrots and onions. After five minutes, add zucchini, asparagus, cremini mushrooms and the oyster mushrooms. Cook for ten minutes and set aside.

Preheat the oven to 250 degrees.

The turkey is seasoned with salt and pepper to taste, both inside and outside.

We put the stuffing into the turkey, and close or cover the opening through which we put the stuffing. Next, it is placed on the baking tray and next to three sticks of butter covering the turkey (which will melt with the heat of the oven). When we have put the turkey in the oven, we have to lower the oven temperature to 180 degrees and roast for two hours. Every twenty minutes, baste the turkey with the juices that it has released into the tray. After the time has passed, turn off the oven and let the turkey rest for half an hour.

It will already be done, just place it on a tray and decorate it with the other decorative foods.

To enjoy!

ESPECIAL CULTURAS DEL MUNDO
Día de Acción de Gracias

Receta de Pavo para Acción de Gracias

Para el relleno:
3 cebollas
3 calabacines
5 zanahorias
1 manojo de espárragos
1 libra de champiñones
1 libra de setas

Para el pavo:
Pavo de 2 a 3 kilos
Mantequilla
Sal
Pimienta

Preparación:

Comenzamos preparando el relleno y para ello cubrimos el fondo la sartén con aceite. Sofreímos las zanahorias y cebollas cortadas en juliana. Pasados cinco minutos, se añade también en juliana, los calabacines sin piel, los espárragos, las setas y los champiñones. Cocinar durante diez minutos y reservar.

El pavo se salpimienta al gusto, tanto en el interior como en el exterior. Y precalentamos el horno a 250 grados.

Metemos el relleno en el pavo, y se cierra o tapa la obertura por la que hemos metido el relleno. A continuación, se coloca sobre la bandeja de horno y junto a tres barras de mantequilla cubriendo el pavo (y que se irá derritiendo con el calor del horno).

Cuando hemos metido el pavo en el horno, tenemos que bajar la temperatura del horno a 180 grados y asar durante dos horas. Cada veinte minutos rociar el pavo con los jugos que éste ha soltado en la bandeja.

Pasado el tiempo, se apaga el horno y dejamos que el pavo repose durante media hora.

Ya estará hecho, faltará colocarlo en una bandeja y adornarlo con los otros alimentos de decoración.

¡A disfrutar!

Origen del Día Acción de Gracias

El Thanksgiving o Día de Gracias trata de una celebración familiar, en la que se comparte la abundancia de alimentos. La tradición estadounidense surgió en 1621 cuando un grupo de colonos de Plymouth, actual estado de Massachussetts, compartieron una comida con la nación Wampanoag para celebrar la cosecha del otoño y agradecerles que les hubieran enseñado técnicas de cultivo y caza.

A esta celebración los miembros de la nación Wampanoag llevaron carne de ciervo para ser asada y pavos, mientras que los colonos habían aprendido cómo cocinar los arándanos y prepararon las diferentes clases de granos que los Wampanoag les habían enseñado a cultivar.

Este primer día de Acción de Gracias de la historia duró tres días, y fue uno de los pocos ejemplos de gentileza por parte de los colonizadores europeos hacia los nativos americanos.

En 1863, en medio de la Guerra Civil, el presidente Abraham Lincon proclamó Acción de Gracias como un día festivo a nivel nacional, el cual se celebraría el último jueves de noviembre.

En esta proclamación tuvo mucho que ver la figura de Sarah Josepha Hale, una peregrina que fue quien realmente convenció a Lincoln de establecer un día de Acción de Gracias para restablecer al país de la devastadora guerra.

Sin embargo, la fiesta se estableció de manera oficial por el Congreso hasta 1941, año en el que el presidente Franklin D. Roosevelt, proclamó como festivo el día de Acción de Gracias.

La otra historia detrás del Día de Gracias

Este año tenemos la oportunidad llevar a cabo un reconocimiento a los pueblos indígenas de Norteamérica, pues para ellos el Thanksgiving es también la fecha señalada como para conmemorar el Native's American's National Day of Mourning (Día Nacional de Luto de los Nativoamericanos).

La historia oficial sobre el Día de Acción de Gracias es una historia de una celebración de la cosecha que ignora las peleas mortales que finalmente separarían a los Nativoamericanos de los Peregrinos en los años y siglos posteriores a esta celebración de gratitud. Por ello, si bien, en los Estados Unidos se sabe de la hermandad latinoamericana, es importante reconocer que ésta no es nueva o producto del español, sino que los intercambios continentales previo a las colonias europeas había propiciado lazos maritales, lo que implica que el continente americano desde Canadá hasta Argentina, ha compartido no sólo un espacio geográfico, sino la consanguinidad.

Espera cada semana nuestro
ESPECIAL CULTURAS DEL MUNDO,
by Mariana Ayón RV

Michigan Must Stand Up to Big Tobacco

During American Cancer Society's Great American Smokeout®, Cancer Patients, Survivors, and Advocates Urge Lawmakers to Pass Tobacco Control Measures to Protect Public Health

Elected officials must do more to support the residents of Michigan who want to quit using tobacco products, say cancer patients, survivors, and advocates who are marking the American Cancer Society's 48th annual Great American Smokeout® this Thursday. The Great American Smokeout is a day for people who use tobacco to create a plan to quit.

Not only does the American Cancer Society Cancer Action Network (ACS CAN) want to help people quit, but it also wants to help Michigan's youth never start. We know that a well-funded tobacco cessation and prevention program is essential to provide the support needed to help people quit and to prevent kids and young adults from starting to use tobacco.

"On this Great American Smokeout, ACS CAN urges Gov. Whitmer and lawmakers to protect our youth and support people who want to quit using tobacco by moving quickly to increase tobacco prevention and cessation funding by $5 million annually," said Molly Medenblik, government relations director, ACS CAN. "Increasing Michigan's investment in programs to keep kids from starting to use tobacco and help adults quit will help every resident of our state by reducing tobacco use and addiction, leading to fewer deaths and suffering from tobacco-related diseases including cancer."

American Cancer Society
GREAT ★ AMERICAN SMOKEOUT®
NOVEMBER 16
cancer.org/smokeout

Tobacco use is still the leading preventable cause of disease and death, and smoking is linked to at least 12 types of cancers, including lung, liver and colorectal cancers. Each year, more than 16,000 Michiganders die from a smoking-related disease and over 15,000 kids try cigarettes for the first time.

Furthermore, tobacco use is one of the primary drivers of cancer-related health disparities. Tobacco companies have specifically targeted communities of color, limited income communities, veterans, people with disabilities, LGBTQ+ people and youth, which has caused disproportionate tobacco use among these populations. Achieving health equity relies heavily on eliminating tobacco use.

"The Great American Smokeout is not just an opportunity for people who use tobacco to set a plan to quit. It's also a clear wake-up call for lawmakers to say it's time for Michigan to stand up to Big Tobacco," said Medenblik.

American Cancer Society Cancer Action Network℠

"For too long, Michigan has allowed the tobacco industry to addict people to deadly, cancer-causing products. It's time to say, 'enough is enough.' Our residents deserve better."

Free resources on quitting tobacco can be found at MI Tobacco Quitlink or through the American Cancer Society's cessation program, Empowered to Quit.

Michigan Secretary of State Releases 2024 Primary Candidate List

By Kyle Davidson - Michigan Advance

U.S. President Donald Trump and former Vice President and Democratic presidential nominee Joe Biden speak during the first presidential debate on September 29, 2020 in Cleveland, Ohio. Morry Gash-Pool/Getty Images

On Monday Michigan Secretary of State Jocelyn Benson released a list of potential presidential candidates for the 2024 primary.

Under state law the Secretary of State is required to issue a list of individuals "generally advocated by the national news media to be potential presidential candidates" for the Republican and Democratic parties for the presidential primary election.

In her list, Benson included President Joe Biden, U.S. Rep. Dean Phillips (D-Minn.) and author Marianne Williamson as potential candidates for the Democratic nomination.

She also included North Dakota Gov. Doug Burgum, former New Jersey Gov. Chris Christie, Florida Gov. Ron DeSantis, former United Nations Ambassador Nikki Haley, former Arkansas Gov. Asa Hutchinson, entrepreneur Vivek Ramaswamy and former President Donald Trump as potential candidates for the Republican nomination.

"Two months ago, I made clear that under Michigan law, anyone generally advocated by the national news media to be a candidate for the Republican or Democratic nomination for president is listed on the ballot for the February 2024 primary unless a court rules otherwise," Benson said in a statement.

"Accordingly, today, as required by statute, we are publicly posting the names of the candidates who qualify under Michigan law to be listed on the ballot as a candidate for president in their respective party's primary. Barring a court order, these candidates will be included on Michigan's presidential primary ballot in 2024 unless they withdraw their names from consideration," Benson said.

Lawsuits have been filed to keep Trump off the ballot in Michigan.

Michigan Democratic and Republican Party chairs will have until 4 p.m. Tuesday to add other candidates' names to their party's list. Candidates who wish to switch their party designation or withdraw from the election will have until 4 p.m. Dec. 8 to notify the Bureau of Elections.

Candidates who are not named by the Secretary of State or the party chairs may gain access to the ballot if they file a nominating petition with the Secretary of State by 4 p.m. Dec. 8.

Michigan's presidential primary election will be Feb. 27, 2024. The deadline for ballots to be sent to military and overseas voters is Jan. 13, 2024, and absent voter ballots must be printed by Jan. 18, 2024.

EL CENTRAL
HISPANIC NEWS

Michigan's #1 oldest, largest and only bi-lingual Hispanic news. Minority (Hispanic) and woman owned • Multi-year winner of Jose Marti National Award for excellence in Editorial and Design. Published in Metro Detroit since 1988.

EL CENTRAL informs and celebrates Metro Detroit's Hispanic and Latino community and Southwest Detroit in particular and supports the professional development of local reporters and photographers who seek to enter the journalism profession.

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Hispanic Studies and International Studies proudly present the Fall 2023 Film Series

Movie Night

Hispanic Film with the Hispanic Commuity in Metro-Detroit

Admit One

In collaboration with Mexicantown Community and Cinema Lamont, Hispanic studies and International studies are exicted to announce the showing of the following films:

El buen patrón (The Good Boss)
Fernando León de Aranoa, 2021
When: September 25, 2023
UM Dearborn, CASL Building Room 1030
4901 Evergreen Rd, Dearborn, MI

El espinazo del diablo (The Devil´s Backbone)
Guillermo del Toro, 2001
When: October 16, 2023
MexicantownCDC
Plaza Del Norte
2835 Bagley St. Suite 500, Detroit, MI 48216

Time: 5:30pm-8:30pm
(All showings will begin at 6pm).

As bestas (The Beasts)
Rodrigo Sorogoyen, 2022
When: November 6, 2023
UM Dearborn, CASL Building, Room 1030
4901 Evergreen Rd, Dearborn, MI 48218

También la lluvia (Even the Rain)
Icíar Bollaín, 2010
When: December 4
MexicantownCDC
Plaza Del Norte
2835 Bagley St. Suite 500, Detroit, MI 48216

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For more information, please contact Jorge Gonzalez del Pozo at jorgegdp@umich.edu.

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FOOD AND DRINK

Pumpkin Crisp Bake

Ingredients
- 1 (15-ounce) can pumpkin purée
- 1 cup evaporated milk
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1 (18.25-ounce) package butter-flavored yellow cake mix
- 1 cup pecans, chopped
- 1 cup butter, melted
- whipped cream, optional, to taste, store-bought or homemade, for serving
- ground nutmeg, optional, to taste, for serving

Ready In:
1 hour and 30 minutes

Step 1
Preheat the oven to 350 degrees F.
Step 2 -
Lightly grease a 9x13-inch baking dish.
Step 3 -
In a bowl, add the pumpkin, the evaporated milk, the sugar, the vanilla extract, and the ground cinnamon and stir to combine.
Step 4 -
Pour the pumpkin mixture into the prepared baking dish.
Step 5 -
Sprinkle the cake mix and then the pecans evenly over the pumpkin mixture.
Step 6 -
Drizzle the melted butter over the pecan layer.
Step 7 -
Bake until golden-brown, about 1 hour-1 hour 5 minutes.
Step 8 -
Let the bake stand for 10 minutes
Step 9 -
Serve warm or at room temperature, topped with the whipped cream and the nutmeg.

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ENTRETENIMIENTO

Matt LeBlanc dedica emotivo mensaje a su "hermano" Matthew Perry

Fue el pasado 28 de octubre cuando Matthew Perry, actor de 'Friends', murió a los 54 años, y su partida representó un trago sumamente amargo para quienes fueron sus coprotagonistas en la famosa serie de televisión.

A través de un comunicado de prensa conjunto, sus compañeros dijeron estar "devastados" por haber perdido a un integrante de su "familia", e indicaron que, en cuanto pudieran hacerlo, dirían algo más al respecto.

Ha sido Matt LeBlanc, quien encarnó a Joey Tribbiani en 'Friends', el primero en romper el silencio en su cuenta de Instagram, rindiendo un conmovedor homenaje a Matthew, famoso por dar vida a Chandler Bing.

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"Extiende tus alas y vuela, hermano, finalmente eres libre. Mucho amor", mencionó LeBlanc, antes de añadir a su mensaje un poco de humor. "Y supongo que te quedarás con los 20 dólares que me debes", concluyó.

Matthew Perry falleció el sábado 28 de octubre en su casa, ubicada en el sur de California, aparentemente, por ahogarse en su jacuzzi.

Dos días después, el 30 de octubre, el elenco de 'Friends', incluidos Jennifer Aniston, Courteney Cox, Lisa Kudrow y David Schwimmer, se reunieron para despedir a su amigo.

Dos semanas antes de su muerte, Matthew Perry sostuvo una conversación con Marta Kauffman, creadora de 'Friends', en la que, según indicó ella misma a Hoda Kotb, presentadora de 'Today', el actor estaba "muy bien", "feliz y alegre". "No parecía agobiado por nada. Estaba en un lugar realmente bueno, por eso esto parece tan injusto [que haya muerto]", dijo Kauffman en dicha entrevista.

Premios Grammy 2024: Rauw Alejandro, Karol G, Ana Bárbara y más latinos nominados

Taylor Swift, Olivia Rodrigo y SZA consiguieron ser nominadas por la Academia de la Grabación de EE.UU. en las tres categorías principales de los Grammy -las de álbum del año, grabación del año y canción del año- y aspiran a protagonizar la 66 edición de estos premios.

Una entrega que se celebrará el próximo 4 de febrero de 2024 en Los Ángeles y que deja otro nombre femenino en mayúsculas: el de Miley Cyrus, cuyo regreso gracias al disco 'Endless Summer Vacation' se le reconoce con una candidatura a álbum del año, y su popular tema 'Flowers' disputará el premio a la mejor canción del curso.

Swift, Rodrigo y Cyrus empataron con 6 candidaturas dentro de una edición que estará dominada casi totalmente por mujeres y que lideró SZA, con su disco 'SOS' y su hit 'Kill Bill', como la más nominada con 9 menciones.

Asimismo, la suma total de todas las producciones musicales que conforman la banda sonora de la película 'Barbie', entre las que hay obras de Billie Eilish, Dua Lipa y Nicki Minaj, acumularon 11 nominaciones en siete categorías diferentes.

Swift buscará aumentar su legado en los Grammy

Swift, la única artista femenina que ha ganado tres veces en álbum del año, espera que su disco 'Midnights' le permita seguir agrandando su legado tras una exitosa gira internacional, 'The Eras Tour', y el aclamado estreno de un filme basado justamente en esta serie de conciertos.

Por su parte, Rodrigo regresa por todo lo alto con su íntimo álbum 'Guts' después de erigirse como mejor nueva artista y llevarse otros dos premios más hace dos años.

La representación masculina en la 66 edición de los Grammy correrá a cargo de Jon Batiste, el referente de pop-jazz que se coronó hace dos cursos y que ha conseguido ser candidato en las tres categorías principales con su álbum 'World Music Radio'.

Ningún referente latino repitió el hito de Bad Bunny

Después de que el puertorriqueño Bad Bunny hiciera historia en 2023 como el primer latino en acceder a uno de estos apartados con un trabajo íntegramente en español, sólo era factible que el mexicano rompérecords Peso Pluma pudiera ser reconocido en la terna de finalistas a mejor nuevo artista.

Se trata de una de las categorías más destacadas de cada entrega, pero la Academia de la Grabación de EE.UU. prefirió decantarse por la rapera y trapera neoyorquina Ice Spicep, la cantante pop Victoria Monét o la cantautora y actriz Coco Jons, entre otras.

Sólo su compatriota Edgar Barrera, que ya ganó el Grammy a mejor álbum latino tropical en 2015 por el disco 'Más corazón profundo' de Carlos Vives, consiguió ser finalista en la categoría general de compositor del año.

Barrera, además, es el más nominado con 13 menciones para los próximos Latin Grammy, que acogerá por primera vez la ciudad española de Sevilla el 16 de noviembre.

En lo que respecta a las categorías puramente latinas, el fenómeno de los corridos tumbados Peso Pluma sí estará entre los aspirantes a mejor álbum de música mexicana (incluyendo tejano) por su disco 'Génesis'. Además, la colombiana Karol G, con 'Mañana será bonito', y el puertorriqueño Rauw Alejandro, de la mano de su trabajo titulado 'Saturno', aparecen como los principales favoritos en mejor álbum de música urbana.

La 66 edición de los Grammy volverá a desarrollarse en el Crypto.com Arena, el recinto donde juega sus partidos como local el equipo de baloncesto Los Angeles Lakers, y contará con tres nuevas categorías: mejor interpretación de música africana, mejor grabación pop dance y mejor álbum de jazz alternativo.

Wolverines - 24 Nittany Lions - 15

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

The #2 University of Michigan Wolverines (10-0, 7-0 Big Ten conference) traveled to the #12 Penn State Nittany Lions (8-2, 5-2 Big Ten conference, formerly #9), last Saturday, in front of 110,856 fans.

The Wolverines took on the Nittany Lions without head coach Jim Harbaugh at sidelines, who has been suspended for 3 games by the Big Ten Conference for the sign stealing allegations agaisnt the University of Michigan Wolverines.

The Wolverines defeated the Nittany Lions, 24 - 15.

The University of Michigan Wolverines are still on the road, as they take on the Maryland Terrapins (6-4, 3-4 Big Ten conference), this Saturday, November 18th at noon (FOX), before returning back to the Big House, for their final game of the season, on Saturday, November 25th, to take on #3 Ohio State Buckeyes at noon (FOX), before the Big Ten Championship game, in Indianapolis, In, on Saturday, December 2nd at 8:00 pm (FOX).

The Michigan State Spartans (3-7, 1-6 Big Ten conference) traveled to take on #3 Ohio State Buckeyes (10-0, 7-0 Big Ten conference), this past Saturday.

The Spartans could not handle the Buckeyes and lost, 38 - 3.

The Michigan State Spartans are still on the road also, traveling to take on Indiana Hoosiers (3-7, 1-6 Big Ten conference), this Saturday, November 18th at noon (Big Ten Network), before playing their final game of the season on, Friday, November 24th, hosting the Penn State Nittany Lions at Ford Field, at 7:30 pm (NBC)

The Detroit Lions (7-2) went on the road to take on the Los Angeles Charges (4-5).

The Lions defeated the Chargers 41-38, with a late last minute field goal.

The Detroit Lions return to Ford Field to host the Chicago Bears (3-7), this Sunday, November 19th at 1:00 pm (FOX), then the Green Bay Packers (3-6, as of Tuesday, November 14th), on Thanksgiving Thursday, November 23rd at 12:30 pm (FOX).

The Detroit Lions then go on the road to take on the New Orleans Saints, on Sunday, December 3rd, at 1:00 pm (FOX)

Photos below are from the Wolverines vs. Nittany Lions game

Photos by Suzie C. Baker (except where noted)

Wolverines head coach Jim Harbaugh points and raises hand of Wolverines interm head coach Sherrone Moore (who was acting head coach against Penn State Nittany Lions victory) and their 999th victory, at Yost Ice Arena, after the Wolverines football team returned to Ann Arbor, during the Wolverines hockey game. The Wolverines could reach the 1,000 win milestone with a win over the Maryland Terrapins, this Saturday. Photo courtesy of the Michigan Athletic Department

Penn State Nittany Lions holding up play calling signs, which are what the University of Michigan Wolverines are under investigation

Wolverines RB #2 Blake Corum scoring a TD. Corum had 26 carries for 145 yards with 2 TDs

Former Wolverine and Heisman trophy winner and NFL Hall of Famer Charles Woodson talks to and gives tips to Wolverines RB #7 Donovan Edwards. Edwards had 10 carries for 52 yards with 1 TD

Wolverines defense sacking Penn State Nittany Lions QB #15 Drew Allar

USA'S FINAL TEST OF THE YEAR

EL CENTRAL HISPANIC NEWS SPORTS

Pateando la No. 5

David Levine
EL CENTRAL

The final international break of the calendar year finds the United States and seven other CONCACAF nations preparing for the Nations League quarterfinals. These two leg ties will determine not only the semifinalists who will meet in Dallas at AT&T Stadium in March 2024, but also four automatic qualifiers for the 2024 Copa America to be hosted again in the United States next summer.

The USA will be meeting Trinidad and Tobago in Austin Thursday evening in the first leg and then travel to Couva for Monday's second leg. Gregg Berhalter has summoned twenty-two players from abroad and just one from MLS. Many of the players arriving haven't been in great form, so this might not be as easy a matchup as it looks on paper. Christian Pulisic, Tim Weah, Tyler Adams, and Jonny Cardoso will miss out through injury. Their absences open up opportunities for other players to stake a claim in the squad.

Goalkeeper Matt Turner comes to camp having been dropped by Nottingham Forest due to some shaky performances. Clubmate Ethan Horvath isn't even registered to play games for Forest. Gabriel Slonina, likely to play in the Paris Olympics next summer, has been playing for Eupen in the Belgian top flight, but the club is in the relegation zone and bleeding goals.

Among the defenders will be Miles Robinson, the sole MLS representative, whose Atlanta United team was just eliminated from the MLS Cup playoffs. Crystal Palace benchwarmer Chris Richards is also in the team. While the rest of the defenders haven't been lighting things up in Europe, at least right back Sergino Dest has recaptured his form at PSV Eindhoven. The Dutch-born right back has excelled for a team that has won its first twelve league games of the season.

With Adams and Cardoso absent, FC Heidenheim midfielder Lennard Maloney has a chance to build on a reasonable debut last month in the defensive midfielder position. Yunus Musah and Weston McKennie will have to bring their solid Serie A form to the team, too. There isn't much creativity there unless Gio Reyna can increase his minutes to more than a half of each game. Malik Tillman (PSV Eindhoven) and Paxten Aaronson (Eintracht Frankfurt) have been effective as substitutes for their clubs this season and will look to earn a bigger role in the national team.

Berhalter has two clear choices at center forward. The trouble is that neither is a clear starter for their club. Monaco has dropped Folarin Balogun to the bench recently, because of his lack of production. Ricardo Pepi can't get a start ahead of Luuk de Jong at PSV, because he is scoring at a record rate for the Dutch League. Missing the top two wingers doesn't help the attack either. Kevin Paredes of Wolfsburg comes in on a high after winning a starting job in the Bundesliga. This is his chance to make a major impact.

Even with all the roster issues and lack of form, there is no reason for the USA to struggle against T&T. They will have the reminders of Couva 2017 put in front of them to make sure they stay focused. Berhalter will certainly want a strong enough performance at home to ensure the away leg is a formality.

While the USA's quarterfinal looks straightforward, the other three ties could be tricky. Canada has struggled since the World Cup and changed coaches. Facing Jamaica will not be easy. Andre Blake is probably the top goalkeeper in CONCACAF right now. The Jamaicans have also summoned their English based attackers to provide a fast, physical threat to the Canadian back line. This one could go either way, even with the second leg at BMO field in Toronto.

Mexico will meet Honduras with a couple of their stars in top form. Hirving "Chucky" Lozano has had a superb return to PSV Eindhoven. His goals and overall wing play have made a significant contribution to their perfect league record. Feyenoord's Santiago Gimenez is the other star in the Dutch league. His goals have started to attract the attention of bigger clubs such as Barcelona. The away leg on Friday night might be tough, but Mexico shouldn't have any trouble in the Azteca next Tuesday.

The final tie is the most evenly balanced. Costa Rica and Panama will face each other while trying to find a balance between aging stars and young players. Costa Rica has been among the top three CONCACAF nations for years, but risks being left behind as Canada and others push forward.

The four quarterfinal winners will advance to the semifinals and finals in March. The four losers will also travel to Texas in March. They will be drawn into two playoff games, the winners of which will also qualify for the Copa America. Those games will be in the much smaller MLS venue in Frisco, where FC Dallas plays. Venues for the Copa America have yet to be announced, but the draw for the group phase will take place on December 7. Perhaps we will have a better idea of what the schedule will be for next summer once that takes place.

Darkside Promotions Knock Out Knights Boxing Event

This past Saturday, at the HYPE Recreation Center of Western Wayne, in Wayne, MI, held a pro boxing event. The event featured 6 bouts. Photos below are 2 of the bouts that took place during the event

Photos by Adam J. Dewey

Jorge Rodrigo Sosa (black gloves, from Asuncion, Paraguay, 6-9, 6 KO's) lost to Husam Al Mashhadi (white gloves, from Dearborn Heights, 7-1, 6 KO's) by TKO in the 1st round (1:25), in the second co-main event

Gilbert Venegas Sr. (white gloves, from East Moline, Il, 19-40-5, 8 KO's) lost to Lanardo "Painserver" Tyner (red gloves, from Detroit, 36-17-2, 22 KO's) by unanimous decision, in the co-main event. This bout is also a rematch from when Tyner and Venegas fought in 2008 (15 years ago with the same results)

EDITORIAL OPINION

"June 6 - Just another day"

By Raoul Lowery Contreras

June 6, D-Day, 1944. Most mature people know what happened on that day. There was another June 6 in our history. Probably over 90 percent of Americans have little clue about it.

Americans died that day; they died for another three weeks. 1811 American military men died. 1062 of them were United States Marines. They died on a former French Royal hunting preserve 45 miles from Paris. They were the only troops between five German divisions and Paris. The "preserve" was half the size of New York's Central Park and only a fraction of San Diego's Balboa Park/San Diego Zoo. The total Marine casualties: 40%.

The place: Belleau Wood, 1918.

Then President Donald J. Trump dishonored those 1062 Marines when he refused to visit the French cemetery where they were buried 105 years ago; he referred to them as "suckers" for dying.

The French honored their victory because the Marines saved France from defeat in World War 1. France changed the name of Belleau Wood to Bois de la Brigade de Marine. YouTube has videos of the annual celebration in the town next to the "wood" honoring and thanking U.S. Marines for what they did in June 1918.

By the way, the Marines killed or wounded an estimated 9000 Germans.

Despite a 600,000 plus Marine Corps in WWII, Belleau Wood remains the third bloodiest day in Marine Corps history, third to the battle for Tarawa in 1943 with Japanese troops and the Battle of Iwo Jima in 1945.

Trump was not alone in insulting Marines. He joins another President Harry Truman. He and his administration are considered failures on the subjects of war and peace. His political hacks were trying to cut the Marine Corps in 1949 in half to 24,000 officers and men. Their position was that the U.S. would never have to fight an amphibious war again like it did to Japan in WWII.

That was the political situation in 1950, according to the U.S. Naval Institute. Totally unbeknown to President Truman's CIA and ubiquitous Intelligence units scattered throughout the U.S. Army -- South Korea was invaded on the last Sunday of June 1950.

North Korean troops moved through South Korea in minutes, hours and days; they were a Communist hot knife cutting through liberty butter. Truman and his political hacks discovered that there were only a handful of American soldiers in South Korea and, worse, there were few combat-trained Army soldiers in Japan to help in Korea. In a few weeks all that was left of an unconquered South Korea was a piece of real estate around a town named Pusan. A few hundred American soldiers and a handful of South Korean "soldiers" were all that was left to fight on the "Pusan Perimeter."

When the Invasion occurred, Marine Commandant Lt. General Cliff Gates offered troops and authorized activation of the 34 year-old Marine Corps Reserve forces.

An aside: In July of 1950, my WWII veteran stepfather San Diego police officer helped direct traffic at the streets around the foot of Broadway in San Diego at the harbor where the 1st Marine Division (reinforced) and a half-dozen battalions of Marine Reservists were loaded up on ships on their way to what was left of South Korea. San Diego's TV Channel 8 won an "Emmy" TV award for this trailblazing televised live history.

Congressman Gordon L. McDonough wrote to President Truman asking the President to recognize the Marine Corps as "an independent branch of the armed forces." Truman disgraced himself and I'm sure helped tank his reputation by responding (according to the U.S. Naval Institute): "For your information the Marine Corps is the Navy's police force and as long as I am President that is what it will remain…"

Of supporters of the Marines, he wrote: "They have a propaganda machine almost the equal of Stalin's." And, to top off his efforts to eliminate the Marines and have the army develop its own water-borne warfare he transferred all Navy ships the Marines used for training to the Army.

Truman was a terrible President not just for the Marines but for the whole country. The Marines are still with us despite his bumbling and political hacks. Vietnam, Desert Storm, Fallujah and eight years of me; the Marines survive for another November 10th birthday. Oorah!

Opinions in this column are not necessarily those of the Publisher or Editor

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Inspiring Quote of the Week !!!

"I want to put a ding in the universe."

- Steve Jobs

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Salud/*Health*

5 Key Things to Do After Having a Baby

(StatePoint) Becoming a new parent is a joyous occasion, but no matter how many parenting books you've read, nothing can completely prepare you for your baby's arrival. With every pregnancy comes a long to-do list, but here are five tips to review after having a baby.

1. Start building an emergency fund.

Being financially prepared for anything can help protect your growing family. Managing your cash flow and setting aside a specified amount each month for an emergency fund will have your future self thanking you. Whether it ends up being an unplanned doctor's bill or emergency car repairs, you'll be prepared to meet the cost. Use a free online emergency fund calculator to determine what's a good amount of cushion for your situation.

2. Review your life insurance plan.

Although this big, exciting event just happened and the last thing you want to think about is something bad happening, it's always better to be prepared. A set amount of money each month towards a life insurance plan can help your family in a worst-case scenario, providing financial security and the ability for your family to maintain their current lifestyle. Life insurance could pay for daycare to allow the surviving spouse to work, fund your child's education and provide income replacement to help pay off a mortgage. Erie Insurance offers affordable and flexible life insurance plans to make certain you get what you want for your family. Take the time to find out how much insurance you need by visiting ErieInsurance.com/life-insurance/calculator.

Hint: Ask your insurance agent about bundling your home, auto and life insurance – it may be able to save you money.

3. Apply for your baby's Social Security number and birth certificate.

Social Security numbers (SSN) and birth certificates are not automatically generated upon birth. Nurses or the hospital will more than likely offer you the steps to apply for your baby's SSN and to fill out the birth certificate. However, it is important to complete these items promptly to avoid a delay or issues in adding your baby as a dependent on tax forms, health plans and more.

4. Add your baby to your health plan and benefits.

Most insurance plans allow 30 to 60 days to add your new baby to a health plan so that the birth and continued care are covered. Be sure to add your new dependent or the hospital might bill the full amount for your stay. Contacting your health insurance provider is the easiest way to ensure your new dependent is added.

Hint: Before your baby is born, compare health plans to see which insurance plan will cover more birth and postnatal costs.

5. Start saving for college.

It's no secret that student loan debt is out of control. Putting away a set amount of money each month into a secure account can set up your child with a healthy debt-free financial future. If your child chooses to take an alternative path, they can use that money for a down payment on their first home. Be sure to discuss with an accountant the different long-term savings options available.

As new parents, you can provide all the TLC required for your new bundle of joy, but following these five steps will help set up you and your baby for success, no matter what life throws at you.

5 cosas clave que hacer después de tener un bebé

(StatePoint) Convertirse en padre primerizo es una ocasión feliz, pero no importa cuántos libros para padres haya leído, nada puede prepararlo completamente para la llegada de su bebé. Con cada embarazo viene una larga lista de cosas por hacer, pero aquí hay cinco consejos que debes revisar después de tener un bebé.

1. Empiece a crear un fondo de emergencia.

Estar preparado financieramente para cualquier cosa puede ayudar a proteger a su familia en crecimiento. Administrar su flujo de caja y reservar una cantidad específica cada mes para un fondo de emergencia hará que su yo futuro se lo agradezca. Ya sea que termine siendo una factura médica no planificada o reparaciones de emergencia del automóvil, estará preparado para cubrir el costo. Utilice una calculadora gratuita de fondos de emergencia en línea para determinar cuál es una buena cantidad de protección para su situación.

2. Revise su plan de seguro de vida.

Aunque este gran y emocionante evento acaba de ocurrir y lo último que quieres pensar es que algo malo está sucediendo, siempre es mejor estar preparado. Una cantidad fija de dinero cada mes para un plan de seguro de vida puede ayudar a su familia en el peor de los casos, brindándole seguridad financiera y la capacidad de mantener su estilo de vida actual. El seguro de vida podría pagar la guardería para permitir que el cónyuge sobreviviente trabaje, financiar la educación de su hijo y proporcionar reemplazo de ingresos para ayudar a pagar una hipoteca. Erie Insurance ofrece planes de seguro de vida asequibles y flexibles para asegurarse de que obtenga lo que desea para su familia. Tómese el tiempo para averiguar cuánto seguro necesita visitando ErieInsurance.com/life-insurance/calculator.

Consejo: Pregúntele a su agente de seguros acerca de cómo combinar su seguro de hogar, de automóvil y de vida; es posible que pueda ahorrarle dinero.

3. Solicite el número de Seguro Social y el certificado de nacimiento de su bebé.

Los números de Seguro Social (SSN) y los certificados de nacimiento no se generan automáticamente al nacer. Lo más probable es que las enfermeras o el hospital le ofrezcan los pasos para solicitar el SSN de su bebé y completar el certificado de nacimiento. Sin embargo, es importante completar estos elementos con prontitud para evitar demoras o problemas al agregar a su bebé como dependiente en formularios de impuestos, planes de salud y más.

4. Agregue a su bebé a su plan de salud y beneficios.

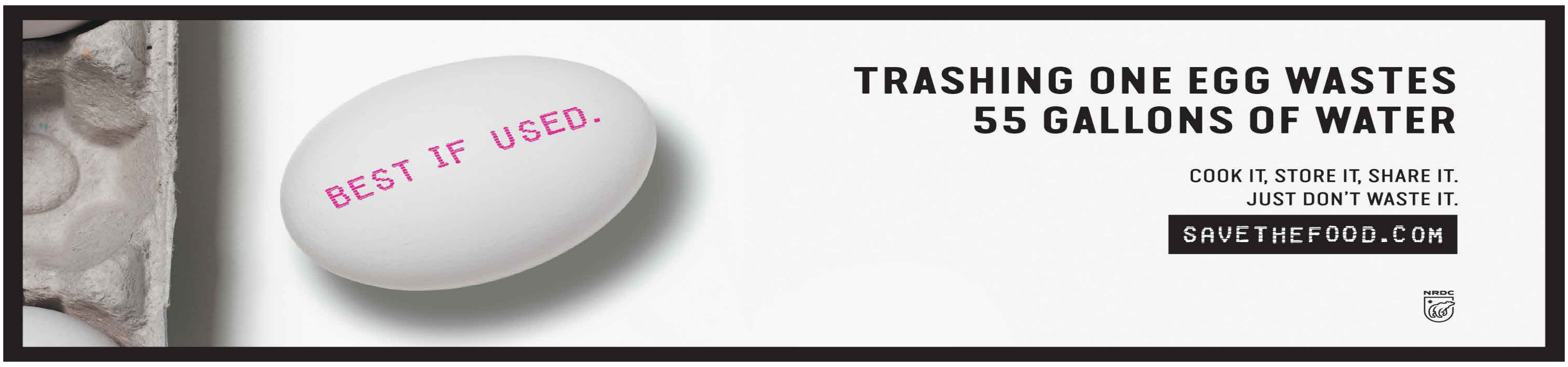
La mayoría de los planes de seguro permiten entre 30 y 60 días agregar a su nuevo bebé a un plan de salud para que el nacimiento y la atención continua estén cubiertos. Asegúrese de agregar a su nuevo dependiente o el hospital podría facturarle el monto total de su estadía. Comunicarse con su proveedor de seguro médico es la forma más sencilla de asegurarse de que se agregue a su nuevo dependiente.

Consejo: antes de que nazca su bebé, compare los planes de salud para ver qué plan de seguro cubrirá más costos de nacimiento y posnatales.

5. Empiece a ahorrar para la universidad.

No es ningún secreto que la deuda por préstamos estudiantiles está fuera de control. Guardar una cantidad determinada de dinero cada mes en una cuenta segura puede brindarle a su hijo un futuro financiero saludable y libre de deudas. Si su hijo elige tomar un camino alternativo, puede usar ese dinero para el pago inicial de su primera vivienda. Asegúrese de discutir con un contador las diferentes opciones de ahorro a largo plazo disponibles.

Como nuevos padres, pueden brindar todo el cariño necesario para su nuevo paquete de alegría, pero seguir estos cinco pasos los ayudará a usted y a su bebé a prepararse para el éxito, sin importar lo que les depare la vida.



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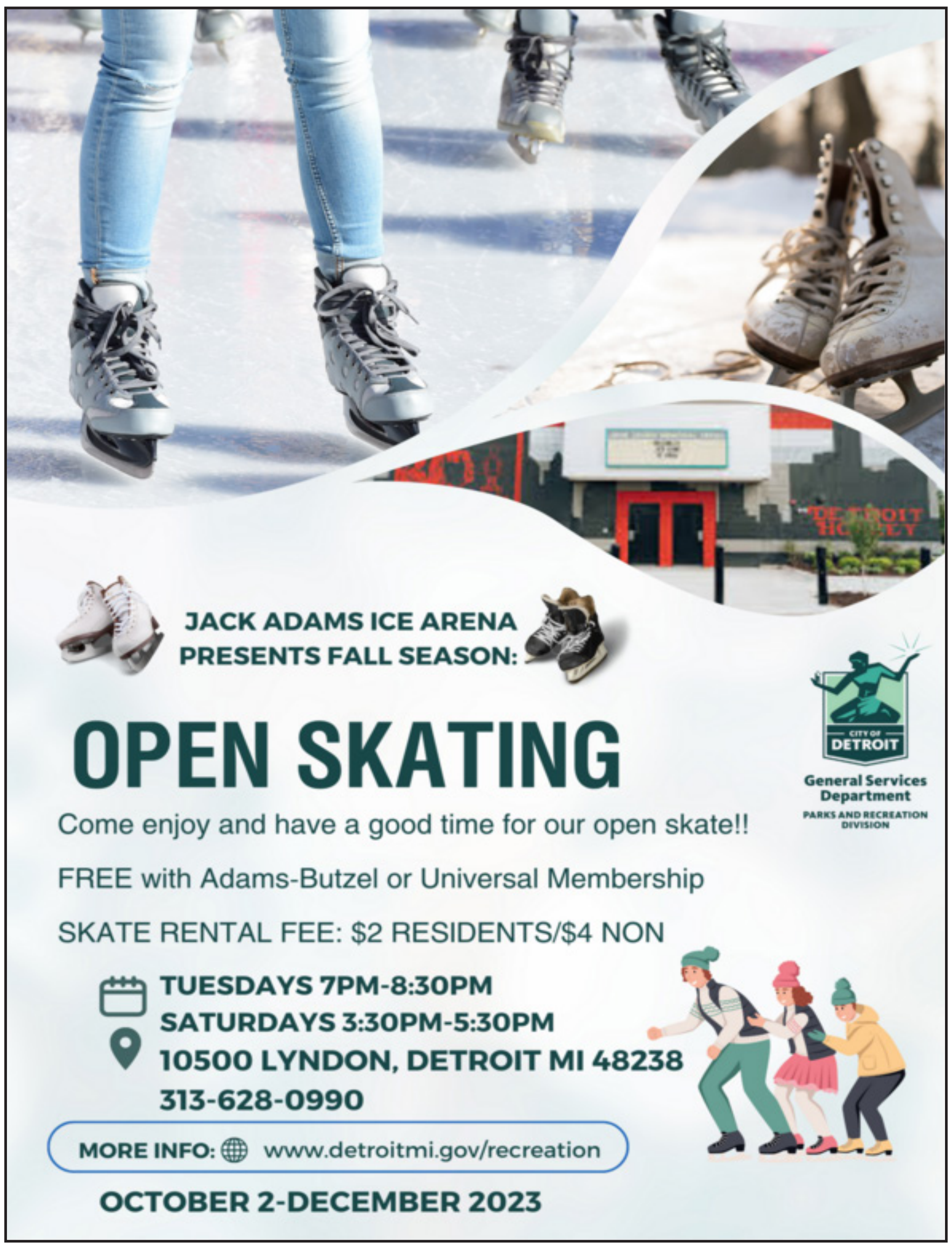
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